

PRACTICAL STUDY

Becoming a practitioner goes beyond attending all the required classes. Practical Studies and the support of an Advisor offer the opportunity to tailor the program to your needs while you are making the work your own.

PROGRAM ADVISORS

During the NMAHA Ortho-Bionomy Program, the advisors' role is to provide support regarding logistics of your training, to help with questions that come up along the way and to facilitate your process of learning Ortho-Bionomy. As Ortho-Bionomy is not a technique it entails understanding the philosophy of the work from within yourself as well as its applications with your clients.

Your advisors follow you through the Practitioner Training, keep an overview of where you are in the process and think about what might be important steps for you to take in your training as it proceeds. Your advisors can also direct you to people and resources relevant to your questions and/or schedule tutorial time with you as needed.

Open communication between student and advisors is appreciated, as it is one of the key ingredients of the process. It is very important to have a clear mutual understanding of what this working relationship entails. Either Ursula Hofer or Christina Montes de Oca will sign any paperwork required by the Society of Ortho-Bionomy International as part of the Practitioner Training process.

PRACTICAL STUDY REQUIREMENTS (see complete descriptions below)

- Tutorials: 3 sessions for feedback, 10 sessions received, 9 consultations
- 150 Documented Sessions
- 1 Observed Lecture /Demo
- 3 sessions for evaluation
- Written Essay 1 to 2 pages
- 32 units Anatomy & Physiology (*Completed through Independent Study or by transferring Course Credit.*)
- 12 units Elements of Successful Practice (*Completed through Independent Study or by transferring Course Credit.*)

Total units Practical Studies : 221

TUTORIALS

Tutorial hours of different kinds (sessions received, sessions for feedback, consultations) with NMAHA faculty are required in the program. You are also encouraged to do tutorials with other instructors as well since it is always helpful to experience different approaches to Ortho-Bionomy.

The expectation is that students will take the initiative in terms of the timing and scheduling of tutorials. On occasion an advisor may recommend that a student schedule a certain kind of tutorial to support her/his learning.

You may sign up for tutorials as soon in the program as you wish. It is a time to check in, see how things are going for you, address areas of your training where you might have questions, etc., in addition to receiving feedback about your work.

A certain number of sessions received, sessions for feedback and consultations must be done with NMAHA Faculty.

- **Sessions received**

In these tutorials, students receive Ortho-Bionomy sessions from Registered Practitioners or Instructors of Ortho-Bionomy to learn about the work experientially, and from the client perspective, and to learn how different aspects of Ortho-Bionomy are combined in a session. A typical 1-hour session counts as 1 session received/1 unit. *(5 of the 10 required must be received from NMAHA O-B Faculty. Others may be received from Registered O-B Instructors, Registered Practitioners or Registered Advanced Practitioners)*

- **Sessions for feedback**

In these tutorials, students give a session to an Instructor or eligible Practitioner for specific feedback on approach and techniques, to help pinpoint strengths and weaknesses, and to hone practitioner skills. You are encouraged to think about what you would like to get out of this process before the session. Among other things, this supports your development of self-evaluation skills. *(2 of the 3 required must be done with NMAHA O-B Faculty, others may be done with Registered O-B Instructors)*

- **Consultations**

These tutorials can be used for discussion of client – practitioner dynamics, philosophy and principles of OB, how OB principles affect one's own life etc. A student might also have questions about her/his work in relationship to a certain client, or just be feeling stuck or wanting the instructor's input on some matter. A student could also use the time to observe an OB session given by the Instructor or by bringing in a client, and then having some discussion.

Consultation hours can be done in person, by phone, by email. A single tutorial hour may also be arranged in segments, e.g. several shorter time periods of 15-30 minutes. Students may also choose to share a tutorial hour with 2-3 other students, and also share the cost. *(5 or the 9 required must be done with NMAHA O-B Faculty. Others may be done with Registered O-B Instructors)*

Tutorial Fees

Students pay for program tutorials and for evaluations. The current fee for 1 hour is \$75 plus Gross Receipts Tax. Both Ursula Hofer and Christina Montes de Oca have a 24-hour cancellation time or you will be charged for the session.

Scheduling Tutorials

To set up a tutorial, please call or email at the following numbers/addresses to schedule:

Ursula Hofer: 505-984-1719 ursulahofer@earthlink.net
Christina Montes de Oca: 505-986-9939 c.montesdeoca@yahoo.com

Please request the amount of time and what kind of tutorial you want to schedule. Please suggest a few options in your schedule for time and day of the week. We cannot typically respond to emergency situations or urgent client questions. One unit of tutorial = 1 hour, and you may schedule and pay for smaller increments of time. You should specify how much time you want to schedule when the appointment is made.

ELEMENTS OF A SUCCESSFUL PRACTICE

The focus is applying the principles of Ortho-Bionomy in creating and sustaining a successful practice. Students consult with Ursula and Christina to determine how 12 hours of credit are to be satisfied—such as independent study, credit transfer.

DOCUMENTED SESSIONS

Students are required to document 150 separate sessions of Ortho-Bionomy®. To count, a session must include a minimum of 30 consecutive minutes of Ortho-Bionomy. A session that is longer than 30 minutes will still count as one session. A student must work with a minimum of 20 different people. A form is provided for students to use for documenting their work. Documented sessions, in groups of 50, are given to your advisor for review.

EVALUATIONS

Observed Lecture/ Demonstration

Students are required to give a minimum 1 hour public presentation of Ortho-Bionomy®, to a minimum of 4 people, as an introduction to their practice. The presentation includes history, philosophy and a demonstration of the work. The presentation is to be observed by a Registered Instructor of Ortho-Bionomy, or with your Advisor's permission an audio or videotape that must then be reviewed by your Advisor. The observing Instructor or your Advisor writes a letter of evaluation to complete the requirement and so the student to receives credit.

Sessions for Evaluation

At or near the completion of the program students are required to give three sessions for evaluation. In the NMAHA Program two evaluation sessions must be given to your advisors; the remaining session may be given to any Registered Instructor of Ortho-Bionomy®. Each instructor writes a letter of evaluation to the student to complete the requirement.

Evaluation criteria include:

- The ability to apply the principles of Ortho-Bionomy physically and energetically and in the client-practitioner relationship
- Use of Phase 4, 5 and 6 techniques and/or other Ortho-Bionomy techniques as appropriate
- Coherent structuring of the session
- Appropriate communication and responsiveness to the client's feedback during the session
- Student's level of connection to, and comfort with, self. At what level is the student able to be present, in her/himself, and in listening mode.
- Student's ability to identify and self-evaluate her/his skill level

ANATOMY AND PHYSIOLOGY REQUIREMENT

To fulfill the Practitioner Training requirements as determined by the Society of Ortho-Bionomy International, *and* to receive a program diploma from NMAHA, students are required to have 32 hours of Anatomy and Physiology. NMAHA Ortho-Bionomy Program students have the following options for fulfilling this requirement:

1. Students who have no A and P training may:
 - a. Complete the 32-hour independent study course described below.
 - b. Take an A and P class that meets the 32-hour requirement at NMAHA or through any other school whose course is approved by the NMAHA Education Director.
2. Students who have Anatomy and Physiology training from another NMAHA Program can have these hours represented on the Ortho-Bionomy Program Transcript.
3. Students who have successfully completed an Anatomy and Physiology course with a minimum of 32 hours from an approved school (other than at NMAHA) may transfer their credits.

Anatomy and Physiology in the Classroom

Students' input and feedback, as well as our own experience as teachers have inspired us to add some deeper exploration of anatomy and physiology into the program. Our aim, as always, is to enliven and enrich the trainings and to support everyone's classroom learning experience. We are increasing our usage of the popular Acland videos (to be shown in classes) in the different modules and suggesting some brief text passages and diagrams from *Essentials of Human Anatomy and Physiology* by Elaine Marieb that students can look at before different classes and modules. A list of suggested readings is included in this section.

INDEPENDENT STUDY COURSE

TEXT USED FOR THIS COURSE

Essentials of Human Anatomy and Physiology by Elaine M. Marieb.

REQUIRED ASSIGNMENTS:

Chapter 1 The Human Body: An Orientation
Chapter 5 Skeletal System
Chapter 7 Nervous System

CREDIT AND GRADING

In order to successfully complete these course students must read the assigned chapters, write answers to the review questions at the end of each of the above chapter, and submit a copy of the written answers to Ursula Hofer or Christina Montes de Oca.